

Whole Life Wellness Newsletter

Coaching you to your B.E.S.T. Life: Balanced, Energized, with Stamina and Toxin-Free

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A Drink for a Smaller Waist

Here's an easy way to turn a routine workout into a powerful waist-whittler: drink green tea. Research shows that the wonder duo of green tea and exercise may boost overall weight loss and triglyceride control, and shrink belly fat more easily than with exercise

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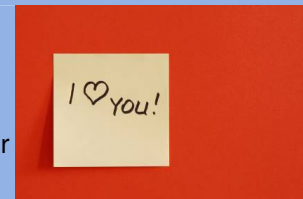
Welcome, everyone, to the beginning of Spring!

Please keep in mind that, if you are stressed due to financial and career issues, as so many people are right now, THIS is the time to keep yourself healthy. Don't let anxiety, anger or depression stop you from exercising and eating a healthy diet. When this difficult time is over, and it will be, you want to move forward with strength, energy, and body/mind/spirit health. If you need help, call me and we can talk about how coaching can help you: [gain success in losing that weight that just doesn't seem to come off](#); [find time to nurture yourself](#); and [deal with the stress in a positive and empowering way](#).

Also, I write a health column each Sunday for the *Daily Chronicle*. I have most of the articles, and newsletters, archived on my web site Resource Page, which is loaded with helpful information and links. So, if you're looking for information to help you make lifestyle changes, [click here](#) and you'll go right to that page.

Putting a Positive Spin on Criticism

When you're trying to lose weight, or make almost any big change in your life, it seems that everything you do, from what you eat to how you work out, is the subject of scrutiny. And, of course, everyone has an opinion. Your best defense against those inquiring minds and their inevitable criticism is to apply a positive spin on any uninvited comment. Here are some examples related to trying to lose weight:



The Criticism: "How's this diet any different from all the others you've failed on before?"

The Positive Spin: Even if you have been on countless diets, you know you're truly committed to achieving your best self through a healthier lifestyle. So, take a deep breath, then think of how you'll use that doubting detractor to motivate you. Maybe you can extend an invitation to them to help you succeed by asking them to be your cheerleader!!

The Criticism: "I've never heard of a diet that allows chocolate. It seems like a fad to me".

The Positive Spin: Often times the person making a comment like this

alone. The magic amount of tea needed seems to be roughly 7 cups daily. Try making a pot of tea and put it in the refrigerator to drink throughout the day.

Own Your Choices

If you really want to know what, and how much, you're eating, keep track of everything you eat in a notebook. Keeping a food log makes you think about what you're eating 3 times: when you eat it, when you record it, and when you read it over later on. Writing down what you eat gives you a sense of ownership over your actions; provides you with a record of how you've been doing; and helps motivate you to keep moving forward.

Blood Pressure Friendly Foods

isn't looking to be critical, they're just curious. If you think you can reason with them, explain why a diet that's practical and filled with portion-controlled amounts of *ALL* food is healthy. But if you have a challenger on your hands, simply say, "I know, isn't it wonderful? I've lost weight, I feel great, AND I get to enjoy a little bit of chocolate each day!!".

Do You Have a Pro-Inflammatory Pantry?

Many ingredients in foods contribute to inflammation in the body and are called "pro-inflammatory". They contribute to accelerated aging of the body and many diseases such as cardiovascular disease, arthritis, cancer, and others. If you want to create a healthy kitchen that eliminates these foods, you need to read and understand food labels. As you go through the foods in your pantry, food labels are your best resource to assess what to keep, what to toss, and what not to buy again. The list below are ingredients that are pro-inflammatory and should be discarded and definitely not purchased again.

- Animal fat, such as lard
- Artificial sweeteners or non-nutritive sweeteners
- Corn, Cottonseed, Soybean, Sunflower, Safflower, Palm, and Coconut oils
- High Fructose Corn Syrup
- Hydrogenated or partially hydrogenated oil or vegetable shortening
- Fractionated oil

Tip: Healthiest oils to use that fight inflammation are olive and canola oils

4 Snacks You Really Oughta Avoid

Here are 4 really, really unhealthy snacks that you should avoid.

Doughnuts: These are high in sugar, Trans-fats, calories and refined flour. They are bad for your waistline and energy level. Try a piece of whole-grain bread with some jam and peanut butter instead.

Soft Drinks: There just isn't anything nutritious about soda, whether it's diet or regular. Instead of a soda, try some sparkling water with a bit of fruit juice.

French Fries: Deep-fried foods contain altered fats that are detrimental to the body. And, unfortunately, some people try to eat just a couple of fries and end up eating the whole bag. The problem is that the fat, salt, and chemicals in the fries often trigger an inability to stop eating. The best bet is to not start. If you want finger foods, try a carrot, celery sticks, or fruit.



Instant Soup: This is very high in sodium and it offers little health benefit in proportion to its sodium count. Your total daily intake of sodium should not exceed 2,400 mg and one serving of instant soup

Berries: one study recorded a 7 point dip in systolic pressure from a daily dose of berries.

Tomatoes: the lycopene in tomatoes helps lower blood pressure.

Yogurt: eat low-fat and non-fat dairy products.

3 Tips for Gardening Allergies

If you love to garden but hate seasonal allergies, here are some simple steps you can take:

Garden later in the day: Pollen is released in the early morning hours. By early evening, pollen is less likely to be near the ground.

Garden in in the Rain: on wet and humid days, pollen counts tend to be low.

Weed early and often:
pull weeds from your garden before they mature and produce pollen. Weekly light hoeing between plants can keep weeds from getting started.

often contains around 500mg or more. Try low sodium soups and then add fresh spices such as basil and oregano, cut up vegetables, or whole wheat noodles.

5 Reasons You Need Vitamin D

Vitamin D is known as the "sunshine vitamin" because the body synthesizes it with exposure to sunlight. This important vitamin is used throughout the body in the following ways: vitamin D



- Helps to maintain normal blood levels of calcium and phosphorous;
- Assists in the absorption of calcium to prevent or slow the progression of osteoporosis;
- Strengthens the immune system;
- May provide protection from hypertension, psoriasis and several autoimmune diseases such as MS and rheumatoid arthritis;
- Plays a role in defending against 18 different cancers.

It isn't easy to get enough vitamin D from your diet alone, though fortified foods (milk and cereals), eggs, salmon, tuna, mackerel and sardines are all good sources. You need regular sun exposure for about 20-30 minutes a day and current research indicates that you need at least 1,000 IU of vitamin D per day.

However, unlike vitamin C, which is WATER soluble and flows through your body quickly, vitamin D can cause problems when taken in excess. Vitamin D is FAT-soluble and stays in your body for quite a while so it is possible to overdose on it if you take too much.

(Shh, Do You Have Gas?)

Here are some tips to help reduce the amount of gas you might experience each day:

- Go easy on eggs, meat, beer, beans and cauliflower. They all release hydrogen sulfide when broken down by bacteria in the gut;
- Eat smaller meals more often;
- Avoid carbonated beverages;
- Reduce your intake of high-fat foods;
- Get regular exercise;
- When you eat any of the sulfur producing foods, make sure you also eat some leafy green vegetables;
- Try a little Beano.